

Parenting Anxious Teenagers

Parenting has become an incredibly complex business. Whilst some teenagers are a dream to rear and give no bother at all, others are always pushing the boundaries as parents become concerned about their attitude and immature behaviour. However, an increasingly common presentation is anxiety. We have reached almost epidemic proportions of teenagers crippled with anxiety. These young people are struggling to attend school and navigate peer friendships. They exhibit all manner of anxiety symptoms including panic attacks, OCD, rigid eating and exercise patterns, overthinking and dreading the future. They sometimes place unbelievably high expectations on themselves and, as a result, live with tremendous pressure. The stress creates a body response as many also endure such symptoms as GI tract issues, skin disorders, stress headaches etc.

Intuitive parenting skills and breathing techniques may help momentarily, however, they typically don't resolve the underlying problem of how to address the negativity, self-doubt and feelings of not being good enough.

Join Bronagh Starrs, renowned adolescent psychotherapist, for this evening talk for parents. Participants will gain an in-depth understanding of the dynamics of anxious presentation in adolescence, illuminating the mindset of the anxious teenager. A trove of effective parenting strategies will be presented.

Date: Wednesday November 15th

Time: 7pm

Fee: FREE

The event has been funded by the Home School Liaison in your Son or Daughters school

About The Presenter:

Bronagh Starrs is Programme Director for the MSc Adolescent Psychotherapy in Dublin Counselling & Therapy Centre in partnership with University of Northampton and Founder & Director of Blackfort Adolescent Gestalt Institute. She maintains a private practice in Omagh, Northern Ireland, as a psychotherapist, clinical supervisor, writer and trainer, specialising in working with adolescents, emerging adults and their families. Bronagh is an adolescent development specialist and has considerable experience as a trainer in adolescent development and therapy throughout Ireland. She also teaches and presents internationally on the developmental implication of trauma on the adolescent journey. Her first publication Adolescent Psychotherapy - A Radical Relational Approach (Routledge, London) has received international acclaim. Bronagh's second book is due for publication in December 2023.

